

PROCRASTINATION

It is a curious phenomenon
that virtually all humans
procrastinate continuously,
in one form or another,
throughout their lifetimes.

It is equally puzzling when we try to imagine
the underlying reasons for this phenomenon.

Procrastination is as widespread as any behavior
that we observe. Yet from the view of evolution
what possible benefit does it provide?

It is clear enough what harm it can do
in slowing down efficiency
and disrupting the normal pattern of activity.

Perhaps it is a freak accident of genetics,
a mutated gene which persists
in causing the untimeliness of events
without causing enough harm to the species
to threaten its survival.

But what about its benefits?

One possibility is that
procrastination may act as a balance
against rapid efficiency, in order to maintain
a slower, steadier pace within the time demands
of our personal and social lives.

Another theory is that by putting something off
which needs doing,

we tend to focus more intently
on the thing in question
when we are ultimately confronted with the deadline.